

Dodging

Dodging involves quick, deceptive changes in direction to evade, chase or flee from an opponent. When dodging, knees are bent and the body shifts rapidly in a sideways direction.

As applied to sport, the skill of dodging is evident in moving the shoulders, head, eyes or other body parts to deceive or 'fake' the opposition as a way of: getting free to receive a pass (eg in soccer); 'getting around' your opponent (eg to score a basket in basketball); or avoiding being tagged in a tag game (Developing Fundamental Movement Skills Manual).



Dodging Activities (5 - 12s)

It's a Goal!

Set-up

Balls or another throwing implement, bin, markers.

On a defined grass or hard court area, three lines (base, centre and end) are marked out, approximately 5 metres apart. A bin is placed on the end line.

Children in pairs, one ball runner and one defender, with one ball/implement per pair.

Activity

The ball runner's task is to score by placing the ball in the bin without being tagged by their defender. The ball runner starts on the baseline and the defender on the centre line. Children change roles and repeat.

Can you see ...?

- Ball runner: quick moves, faking
- Defender: watching hips

You could ask ...

- Ball runners: How can you use other players in the area to avoid being tagged?
- Defenders: Which part of the ball runner should you focus on to anticipate the direction they will move in?

Variations

- Vary equipment and skill: For example, dribble a soccer ball to score a goal by crossing the end line.
- Vary line distance: Increase/decrease the distance between lines to make it easier/ harder for runner/ defender.
- Vary area layout: Place a 'no tag' area around each bin.

Fox and Geese

Set-up

- Children in groups of four or five
- One person is the fox, the others are the geese and stand in a line holding onto the waist of the person in front
- The fox tries to tag the last person in the line
- The geese move around to avoid the fox and keep their last person safe
- If the line is broken the one who lets go takes the place of the fox
- If the last player is tagged by the fox they take the fox's place

Look for

Children working as a team.

Variation

As a class two or three children are foxes and the remainder of the class are in linked lines of four or five geese. Foxes may move about the area trying to tag the last child in any line.

Zig Zag Running

Set-up

- Small groups of three or four children
- Markers set out 2 or 3 metres apart
- One at a time, student's zig-zag between a series of markers

Look for

- balanced running
- start slowly then speed up

Variations

- Alter the number and placement of the cones
- Ask students to run the zig-zag circuit in different ways and experience how different running styles affect balance
- Follow the leader
- Teams run their own cones then move on to the next set of cones in a clockwise direction

Three Person Tag

Set-up

- Groups of three numbered 1, 2 and 3 standing side by side on a line within a defined area.
- When a number is called that player runs away
- After a count of three the other two chase and tag. Walk back and rest. Each player has a turn.

Look for

- 'eyes open' for safety
- working as a team
- children appropriately matched

Variation

Two of the three run away and the other is the tagger. When one is caught they both try to tag the last person.

Freeze and Count Tag

Setup

- Bands/bibs
- Defined grass or hard area, approximately 10 metres square
- Groups of six: two chasers with a band/bib each, and four runners

Activity

Chasers have 1 minute to catch all the runners. If tagged, a runner has to freeze and count to 10 out loud before starting to run again. The object is for the chasers to have all the runners frozen at the same time.

Can you see ...?

Runners: plant and go

Chasers: watching hips

You could ask ...

Chasers: How can you work together to catch all the runners?

Runners: What do you need to do to avoid being caught?

Variations

Vary locomotor skill: For example, play by walking, leaping or crawling.

Fitness tag: When tagged, instead of freezing, runners do a chosen exercise, (e.g. five push-ups or sit-ups).

Circle Dodge Ball

Setup

Marked circle/s

Large balls, not too hard

Activity

In groups of six or seven, one player in the centre of a marked circle, the others round the outside. The player in the middle tries to keep away from the ball. Players on the outside of the circle try to hit the centre player below the knees. They can pass anywhere to catch the centre player unaware. Each person has a turn in the centre.

Look for...

fast passes to keep the player in the middle swerving and turning.

Variation

Have several players in the centre. When a person is hit, that player and the thrower change places.